

Supplementary File S1: Questionnaire

Supplementary File S1 contains the full questionnaire used for data collection.

Questionnaire Psychological Well-Being

No.	Positive Question
Positive Relations with Others	
1	People would describe me as a giving person, willing to share my time with others
Environmental Mastery	
2	In general, I feel I am in charge of the situation in which I live
3	I am quite good at managing the responsibilities of my daily life
Self Acceptance	
4	I like most aspects of my personality
5	When I look at the story of my life, I am pleased with how things have turned out
Autonomy	
6	I judge myself by what I think is important, not by what others think
7	I have confidence in my own opinions, even if they are contrary to the general consensus
Personal Growth	
8	I think it is important to have new experiences that challenge how you think about yourself and the world
9	For me, life has been a constant process of learning, change, and development.
Purpose in Life	
10	For me, life has been a continuous process of learning, changing, and growth
No.	Negative Question
Positive Relations with Others	
11	Maintaining close relationships has been difficult and frustrating for me
12	I have not experienced many warm and trusting relationships with others
Environmental Mastery	
13	The demands of everyday life often get me down
Self Acceptance	
14	In many ways, I feel disappointed about my achievements in life

Autonomy	
15	I tend to be influenced by people with strong opinions
Personal Growth	
16	I gave up trying to make big improvements or changes in my life a long time ago
Purpose in Life	
17	I live life one day at a time and do not really think about the future.
18	I sometimes feel as if I've done all there is to do in life